



Children's Hospital Boston

Summer Health Tips

Children's Hospital Boston wants to remind families about some important tips to help their children have a healthy and active summer!

1. The best time to go bike riding is during the day. Make sure your child has on brightly colored clothing and always wears a helmet. Make sure the bike size, including the positioning of the seat and handlebars, is appropriate for your child's size.
2. The warm weather makes you want to open your windows wide. Remember a screen will not stop a child from falling out the window. Make sure to lock your windows or install window guards.
3. Limit TV watching during the summer. It's a great time to get outside with your child. Take a walk, go for a bike ride, play soccer, baseball or basketball together. For older children, find a summer sports league for them to join.
4. Almost all shades of skin can burn. If you're going outside especially to the beach or pool, use sunscreen.
5. Use insect repellent if your child will be outdoors in parks or woodsy areas, particularly at dusk when the mosquitoes come out.
6. Children with asthma can be active! Make sure your child's Asthma Action Plan is up-to-date and that you have all the medications you need to help your child exercise safely.
7. Give your child healthy snacks to eat. Graham crackers, low-fat milk, fresh fruit and vegetables, and nuts and raisins are some healthy snack ideas. Get used to drinking water to quench thirst, not soda or juice.
8. Always watch your children at the playground. Use playgrounds with safe surfaces such as hardwood fiber chips or rubber mats. In hot, sunny weather, check the temperature of metal playground equipment.
9. Remember that it's the law and children under the age of 12 must be properly restrained in a moving vehicle. Children who weigh between 40 and 80 pounds should sit in secured booster seats until they are 8 years old or taller than 4 foot 9 inches.
10. Children should be supervised at all times in or around water. This includes bathtubs, buckets, and wading and swimming pools, as well as beaches and lakes.